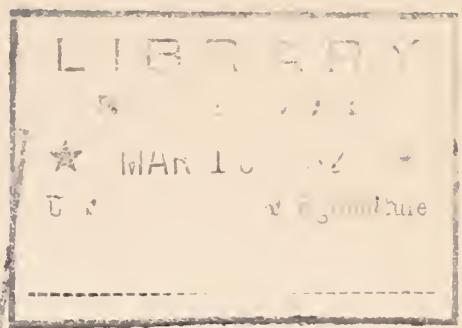


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D.C.



WHOLE WHEAT AN ECONOMICAL ADDITION TO THE DIET

Most people look upon wheat solely as the substance from which bread, pastries, and prepared breakfast foods are made. Some few persons, especially those living in the wheat belt, are using the whole grain for breakfast porridge.

In order to show some of the other uses of wheat, the Bureau of Home Economics has developed recipes which describe ways in which the whole grain may be prepared, not only as a porridge, but in other palatable and inexpensive forms. Some of the latter can be used as the main dish for a meal.

From the standpoint of nutrition, wheat is an economical source of energy and is important as a good source of vitamin B, which stimulates the appetite, and promotes good digestion and the assimilation of food. The whole grain contains a moderate amount of protein which must be supplemented by proteins from milk, meat, or eggs. There is a fair supply of phosphorus, iron, and other minerals, but these too need supplementing with minerals from other foods.

Cooking whole wheat

Whether the wheat is soft or hard will determine to some extent the time of cooking and the consistency and appearance of the wheat when cooked. The method of cooking also influences the time required. Whole

wheat may be satisfactorily cooked in the pressure cooker, in boiling water, over steam, or in the fireless cooker. For convenience in use and economy of fuel the wheat may be cooked in rather large quantities and stored in a cold place for several days, or it may be canned and kept for longer periods. Directions for cooking and canning are given below. For any method of cooking, sort the whole wheat grains and wash thoroughly. For each cup of wheat add 1-1/2 cups cold water and soak overnight.

Cooked Over Direct Heat

In the morning add 3 cups of water and 1 teaspoon of salt to each cup of soaked wheat. Boil gently for 3-1/2 hours or until tender and no uncooked starchy flavor is present. If necessary, add more boiling water during the cooking to keep the right consistency.

Steamed

In the morning drain the wheat and place in a thin layer in the top of a steamer. The water must be kept boiling in the lower part of the steamer and boiling water must be added from time to time during the cooking period. Steam the wheat for 3-1/2 hours. Sprinkle salt over the wheat before serving.

Cooked in the Fireless Cooker

In the morning add 1 cup of water and 1 teaspoon of salt to each cup of soaked wheat. Place in a kettle and bring to the boiling point over direct heat. Cover, and place in a kettle between the hot stones. After 3 hours, reheat the stones and cook the wheat for 2-1/2 hours longer.

Canning Whole Wheat

Fill pint glass jars or No. 2 tin cans almost full with the boiling hot cooked wheat, seal, and process at 10 pounds pressure (240° F.) for 1 hour.

Recipes Using Cooked Whole Wheat

Whole Wheat Chowder

2 cups diced carrots	1 pint milk
1 pint boiling water	2 cups cooked whole wheat
1/2 cup diced salt pork	1 teaspoon salt
4 tablespoons chopped onion	Pepper
1 tablespoon flour	1 tablespoon chopped parsley

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

Beef and Whole Wheat

2 tablespoons fat	3 cups water
4 tablespoons chopped onion	1/4 of a chili pepper
1 pound beef, diced	Salt
Flour	2 cups cooked whole wheat

Melt the fat and cook the onion for a few minutes, then add the meat which has been lightly rolled in flour. When the meat has browned somewhat add the water. Partly cover and simmer until the meat is tender. Stir in the chili pepper and the wheat, and add salt to taste.

Scalloped Liver and Whole Wheat

4 slices bacon	1/2 pound liver
4 tablespoons chopped onion	2 cups cooked whole wheat
Salt	Tabasco sauce
Pepper	1/2 cup hot water
Flour	

Fry the bacon until crisp, remove it and brown the onion in the fat. Push the onions to one side of the skillet. Salt, pepper, and lightly flour the liver and fry it slowly in the bacon fat, until the red color disappears, turning it frequently. Cut up the liver and bacon, mix

with the onion, add more salt if needed, and a few drops of tabasco sauce. Put the wheat and the liver mixture in alternate layers in a greased baking dish. Pour the hot water around the inside of the dish; cover and bake in a moderate oven about 30 minutes. Serve from the dish.

Whole Wheat, Fish, and Tomato

1/2 pound canned fish	1 teaspoon salt
1 quart canned tomatoes	1/8 teaspoon pepper
1/2 cup chopped celery.	2 cups cooked whole wheat

Drain the fish, reserve the liquid and flake the fish into small pieces. Cook the tomatoes, celery, and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well.

Whole Wheat Pilau

2 thin slices salt pork, diced	1/2 cup chopped celery
1/2 cup onions, cut fine	1-1/2 teaspoons salt
3 cups tomato juice and pulp	1/4 cup minced parsley
2 cups cooked whole wheat	Pepper

Fry the salt pork until crisp, remove from the fat and cook the onion in the fat until lightly browned. Heat the tomatoes, add the wheat, onions, celery and salt, and cook about 15 minutes. Stir frequently. When the mixture has thickened stir in the crisped pork and parsley and add more salt if needed and the pepper.

Whole Wheat Muffins

1 cup sifted flour	1 egg
1/2 teaspoon salt	1/2 cup milk
2 teaspoons baking powder	1 tablespoon fat(melted or liquid)
1 cup cooked whole wheat	

Sift the dry ingredients together, add the wheat, and mix thoroughly. Beat the egg, add the milk, and stir into the dry ingredients with the fat. Pour into greased muffin pans and bake in a moderate oven about 30 minutes. Serve hot.

Whole Wheat Pudding

2 cups hot milk	1 cup chopped seeded raisins
2 cups cooked whole wheat	1 egg
3/4 teaspoon salt	1/2 teaspoon vanilla
2 tablespoons sugar	

Mix the milk, wheat, salt, and sugar. Add the raisins, beaten egg, and the vanilla. Pour into a baking dish and bake in a moderate oven about 30 minutes or until set. Chill before serving.

Whole Wheat Cookies

3/4 cup sifted flour	1/2 cup sugar
1/2 teaspoon salt	1 egg
1 teaspoon cinnamon	1 cup cooked whole wheat
1/2 teaspoon soda	1 cup seedless raisins
2 tablespoons fat (melted or liquid)	

Sift the dry ingredients together, except the sugar, add the fat, sugar, beaten egg, wheat, and raisins. Stir until well mixed. Drop by teaspoonsfuls on a greased pan about 2 inches apart and bake in a moderate oven until lightly browned.

Cracked Whole Wheat

In order to save time and fuel in cooking the wheat it may be cracked or crushed in a hand grinder. Some of the feed stores or mills sell cracked wheat as well as the cleaned whole wheat.

Cracked Whole Wheat Porridge

2 cups cracked whole wheat
4 cups boiling water
1 teaspoon salt

Stir the cracked whole wheat into the boiling water until thoroughly mixed. Cook slowly over the direct flame for 20 to 30 minutes, and stir occasionally.

Browned Cracked Whole Wheat Porridge

Pour the hot cracked whole wheat porridge into an oblong mold that has been rinsed with cold water. When cold cut into thin slices and brown in hot fat in a frying pan. Serve hot with brown sugar sirup.

Whole Wheat and Beef Loaf

3 tablespoons diced salt pork	1 cup milk, either fresh or reconstituted from 4 tablespoons of skim milk powder and 1 cup water
4 teaspoons chopped onion	
1 pound ground beef	2-1/2 teaspoons salt
1-1/2 cups raw cracked whole wheat	1/4 teaspoon pepper

Cook the salt pork in a frying pan until golden brown, add the onion, and cook for a short time. Mix all the ingredients together. Cook in a greased utensil, covered, in a slow oven (250° to 300° F.) for an hour. Serve hot alone or with tomato sauce.

Whole Wheat and Pork

1 pound ground cooked pork	3 teaspoons chopped onions
approximately 2 cups lightly packed	2 teaspoons salt
3 cups cracked whole wheat	1/4 teaspoon black pepper
6 cups broth from pork	1/2 teaspoon poultry seasoning

Cook the cracked whole wheat in the broth from the pork for one half hour. Combine the pork and the whole wheat, add the seasoning, and mix thoroughly. Place in a mold which has been rinsed with cold water. When the mixture has set, cut into thin slices and brown in a frying pan.

One and one half pounds of cooked and boned pigs' feet may be substituted for the ground cooked pork.

Whole Wheat Muffins

2 cups finely ground whole wheat	1 egg
3 teaspoons baking powder	3/4 cup milk
3 tablespoons brown sugar	2 tablespoons fat (melted or
1/2 teaspoon salt	liquid)

Mix all the dry ingredients thoroughly. Beat the egg, add the milk, and stir with the fat into the dry ingredients. Do not stir the batter any more than is necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven (400° to 425° F.). The egg may be omitted by increasing the milk to 1 cup.

Whole Wheat Cookies

1-1/2 cups sifted flour	1/3 cup fat (melted or liquid).
3/4 teaspoon salt	1/2 cup chopped raisins
1/4 teaspoon cinnamon	1-1/2 cups cracked whole wheat
1/4 teaspoon nutmeg	1 egg
3/4 cup brown sugar	6 tablespoons milk

Sift the flour, salt, and spices. Mix the sugar with the fat and the raisins with the cracked whole wheat. Put all of these ingredients together and add the beaten egg and the milk. Stir until well mixed. Drop by teaspoonfuls, about 2 inches apart, on greased pans. Bake in a moderately hot oven (375° to 400° F.) from 10 to 12 minutes or until lightly browned.

This recipe makes about 3 dozen cookies.



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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D.C.



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In order to show some of the other uses of wheat, the Bureau of Home Economics has developed recipes which describe ways in which the whole grain may be prepared, not only as a porridge, but in other palatable and inexpensive forms. Some of the latter can be used as the main dish for a meal.

From the standpoint of nutrition, wheat is an economical source of energy and is important as a good source of vitamin B, which stimulates the appetite, and promotes good digestion and the assimilation of food. The whole grain contains a moderate amount of protein which must be supplemented by proteins from milk, meat, or eggs. There is a fair supply of phosphorus, iron, and other minerals, but these too need supplementing with minerals from other foods.

Cooking whole wheat

Whether the wheat is soft or hard will determine to some extent the time of cooking and the consistency and appearance of the wheat when cooked. The method of cooking also influences the time required. Whole wheat may be satisfactorily cooked in the pressure cooker, in boiling water, over steam, or in the fireless cooker. For convenience in use and economy of fuel the wheat may be cooked in rather large quantities and stored in a cold place for several days, or it may be canned and kept for longer periods. Directions for cooking and canning are given below. For any method of cooking, sort the whole grains and wash thoroughly. For each cup of wheat add 1-1/2 cups cold water and soak overnight.

Cooked Over Direct Heat

In the morning add 3 cups of water and 1 teaspoon of salt to each cup of soaked wheat. Boil gently for 3-1/2 hours or until tender and no uncooked starchy flavor is present. If necessary, add more boiling water during the cooking to keep the right consistency.

Steamed

In the morning drain the wheat and place in a thin layer in the top of a steamer. The water must be kept boiling in the lower part of the steamer and boiling water must be added from time to time during the cooking period. Steam the wheat for 3-1/2 hours. Sprinkle salt over the wheat before serving.

Cooked in the Fireless Cooker

In the morning add 1 cup of water and 1 teaspoon of salt to each cup of soaked wheat. Place in a kettle and bring to the boiling point over direct heat. Cover, and place in a kettle between the hot stones. After 3 hours, reheat the stones and cook the wheat for 2-1/2 hours longer.

Canning Whole Wheat

Fill pint glass jars or No. 2 tin cans almost full with the boiling hot cooked wheat, seal, and process at 10 pounds pressure (240° F.) for 1 hour.

Recipes Using Cooked Whole Wheat

Whole Wheat Chowder

2 cups diced carrots	1 pint milk
1 pint boiling water	2 cups cooked whole wheat
1/2 cup diced salt pork	1 teaspoon salt
4 tablespoons chopped onion	Pepper
1 tablespoon flour	1 tablespoon chopped parsley

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

Beef and Whole Wheat

2 tablespoons fat	3 cups water
4 tablespoons chopped onion	1/4 of a chili pepper
1 pound beef, diced	Salt
Flour	2 cups cooked whole wheat

Melt the fat and cook the onion for a few minutes, then add the meat which has been lightly rolled in flour. When the meat has browned somewhat add the water. Partly cover and simmer until the meat is tender. Stir in the chili pepper and the wheat, and add salt to taste.

Scalloped Liver and Whole Wheat

4 slices bacon	1/2 pound liver
4 tablespoons chopped onion	2 cups cooked whole wheat
Salt	Tabasco Sauce
Pepper	1/2 cup hot water
Flour	

Fry the bacon until crisp, remove it and brown the onion in the fat. Push the onions to one side of the skillet. Salt, pepper, and lightly flour the liver and fry it slowly in the bacon fat, until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with

the onion, add more salt if needed, and a few drops of tabasco sauce. Put the wheat and the liver mixture in alternate layers in a greased baking dish. Pour the hot water around the inside of the dish; cover and bake in a moderate oven about 30 minutes. Serve from the dish.

Whole Wheat, Fish, and Tomato

1/2 pound canned fish	1 teaspoon salt
1 quart canned tomatoes	1/8 teaspoon pepper
1/2 cup chopped celery	2 cups cooked whole wheat

Drain the fish, reserve the liquid and flake the fish into small pieces. Cook the tomatoes, celery, and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well.

Whole Wheat Pilau

2 thin slices salt pork, diced	1/2 cup chopped celery
1/2 cup onions, cut fine	1-1/2 teaspoons salt
3 cups tomato juice and pulp	1/4 cup minced parsley
2 cups cooked whole wheat	Pepper

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Fry the salt pork until crisp, remove from the fat and cook the onion in the fat until slightly browned. Heat the tomatoes, add the wheat, onions, celery and salt, and cook about 15 minutes. Stir frequently. When the mixture has thickened stir in the crisped pork and parsley and add more salt if needed and the pepper.

Whole Wheat Muffins

1 cup sifted flour	1 egg
1/2 teaspoon salt	1/2 cup milk
2 teaspoons baking powder	1 tablespoon fat (melted or liquid)
1 cup cooked whole wheat	

Sift the dry ingredients together, add the wheat, and mix thoroughly. Beat the egg, add the milk, and stir into the dry ingredients with the fat. Pour into greased muffin pans and bake in a moderate oven about 30 minutes. Serve hot.

Whole Wheat Pudding

2 cups hot milk	1 cup chopped seeded raisins
2 cups cooked whole wheat	1 egg
3/4 teaspoon salt	1/2 teaspoon vanilla
2 tablespoons sugar	

Mix the milk, wheat, salt, and sugar. Add the raisins, beaten egg, and the vanilla. Pour into a baking dish and bake in a moderate oven about 30 minutes or until set. Chill before serving.

Whole Wheat Cookies

3/4 cup sifted flour	1/2 cup sugar
1/2 teaspoon salt	1 egg
1 teaspoon cinnamon	1 cup cooked whole wheat
1/2 teaspoon soda	1 cup seedless raisins
2 tablespoons fat (melted or liquid)	

Sift the dry ingredients together, except the sugar, add the fat, sugar, beaten egg, wheat, and raisins. Stir until well mixed. Drop by teaspoonfuls on a greased pan about 2 inches apart and bake in a moderate oven until lightly browned.

Cracked Whole Wheat

In order to save time and fuel in cooking the wheat it may be cracked or crushed in a hand grinder. Some of the feed stores or mills sell cracked wheat as well as the cleaned whole wheat.

Cracked Whole Wheat Porridge

2 cups cracked whole wheat
4 cups boiling water
1 teaspoon salt

Stir the cracked whole wheat into the boiling water until thoroughly mixed. Cook slowly over the direct flame for 20 to 30 minutes, and stir occasionally.

Browned Cracked Whole Wheat Porridge

Pour the hot cracked whole wheat porridge into an oblong mold that has been rinsed with cold water. When cold cut into thin slices and brown in hot fat in a frying pan. Serve hot with brown sugar sirup.

Whole Wheat and Beef Loaf

3 tablespoons diced salt pork	1 cup milk, either fresh or reconstituted from 4 tablespoons of skim milk powder and 1 cup water
4 teaspoons chopped onion	
1 pound ground beef	2 1/2 teaspoons salt
1-1/2 cups raw cracked whole wheat	1/4 teaspoon pepper

Cook the salt pork in a frying pan until golden brown, add the onion, and cook for a short time. Mix all the ingredients together. Cook in a greased utensil, covered, in a slow oven (250° to 300° F.) for an hour. Serve hot alone or with tomato sauce.

Whole Wheat and Pork

1 pound ground cooked pork	3 teaspoons chopped onions
approximately 2 cups lightly packed	2 teaspoons salt
3 cups cracked whole wheat	1/4 teaspoon black pepper
6 cups broth from pork	1/2 teaspoon poultry seasoning

Cook the cracked whole wheat in the broth from the pork for one half hour. Combine the pork and the whole wheat, add the seasoning, and mix thoroughly. Place in a mold which has been rinsed with cold water. When the mixture has set, cut into thin slices and brown in a frying pan.

One and one half pounds of cooked and boned pigs' feet may be substituted for the ground cooked pork.

Whole Wheat Muffins

2 cups finely ground whole wheat	1 egg
3 teaspoons baking powder	3/4 cup milk
3 tablespoons brown sugar	2 tablespoons fat (melted or
1/2 teaspoon salt	liquid)

Mix all the dry ingredients thoroughly. Beat the egg, add the milk, and stir with the fat into the dry ingredients. Do not stir the batter any more than is necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven (400° to 425° F.). The egg may be omitted by increasing the milk to 1 cup.

Whole Wheat Cookies

1-1/2 cups sifted flour	1/3 cup fat (melted or liquid)
3/4 teaspoon salt	1/2 cup chopped raisins
1/4 teaspoon cinnamon	1-1/2 cups cracked whole wheat
1/4 teaspoon nutmeg	1 egg
3/4 cup brown sugar	6 tablespoons milk

Sift the flour, salt, and spices. Mix the sugar with the fat and the raisins with the cracked whole wheat. Put all of these ingredients together and add the beaten egg and the milk. Stir until well mixed. Drop by teaspoonfuls, about 2 inches apart, on greased pans. Bake in a moderately hot oven (375° to 400° F.) from 10 to 12 minutes or until lightly browned.

This recipe makes about 3 dozen cookies.

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Reserve

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Cooking whole wheat

Whether the wheat is soft or hard will determine to some extent the time of cooking and the consistency and appearance of the wheat when cooked. The method of cooking also influences the time required. Whole wheat may be satisfactorily cooked in boiling water, over steam, in the fireless cooker, or in the pressure cooker. For convenience in use and economy of fuel the wheat may be cooked in rather large quantities and stored in a cold place for several days, or it may be canned and kept for longer periods. Directions for cooking and canning are given below. For any method of cooking, sort the whole grains and wash thoroughly. For each cup of wheat add 1-1/2 cups cold water and soak overnight.

Cooked Over Direct Heat

In the morning add 3 cups of water and 1 teaspoon of salt to each cup of soaked wheat. Boil gently for 3-1/2 hours or until tender and no uncooked starchy flavor is present. If necessary, add more boiling water during the cooking to keep the right consistency.

Steamed

In the morning drain the wheat and place in a thin layer in the top of a steamer. The water must be kept boiling in the lower part of the steamer and boiling water must be added from time to time during the cooking period. Steam the wheat for 3-1/2 hours. Sprinkle salt over the wheat before serving.

Cooked in the Fireless Cooker

In the morning add 1 cup of water and 1 teaspoon of salt to each cup of soaked wheat. Place in a kettle and bring to the boiling point over direct heat. Cover, and place in a kettle between the hot stones. After 3 hours, reheat the stones and cook the wheat for 2-1/2 hours longer.

Cooked in the Pressure Cooker

Leave the wheat in the water in which it was soaked and add one teaspoon of salt for each cup of wheat. Place on the rack in the pressure cooker in an open container. Have the water in the cooker come just to the rack. Cook the wheat for one hour at 25 pounds pressure.

Canning Whole Wheat

Fill pint glass jars or No. 2 tin cans almost full with the boiling hot cooked wheat, seal, and process at 10 pounds pressure (240° F.) for 1 hour.

Recipes Using Cooked Whole Wheat

Whole Wheat Chowder

2 cups diced carrots	1 pint milk
1 pint boiling water	2 cups cooked whole wheat
1/2 cup diced salt pork	1 teaspoon salt
4 tablespoons chopped onion	Pepper
1 tablespoon flour	1 tablespoon chopped parsley

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

Beef and Whole Wheat

2 tablespoons fat	3 cups water
4 tablespoons chopped onion	1/4 of a chili pepper
1 pound beef, diced	Salt
Flour	2 cups cooked whole wheat

Melt the fat and cook the onion for a few minutes, then add the meat which has been lightly rolled in flour. When the meat has browned somewhat add the water. Partly cover and simmer until the meat is tender. Stir in the chili pepper and the wheat, and add salt to taste.

Scalloped Liver and Whole Wheat

4 slices bacon	1/2 pound liver
4 tablespoons chopped onion	2 cups cooked whole wheat
Salt	Tabasco sauce
Pepper	1/2 cup hot water
Flour	

Fry the bacon until crisp, remove it and brown the onion in the fat. Push the onions to one side of the pan. Salt, pepper, and lightly flour the liver and fry it slowly in the bacon fat, until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with the onion, add more salt if needed, and a few drops of tabasco sauce. Put the wheat and the liver mixture in alternate layers in a greased baking dish. Pour the hot water around the inside of the dish; cover and bake in a moderate oven about 30 minutes. Serve from the dish.

Whole Wheat, Fish, and Tomato

1/2 pound canned fish	1 teaspoon salt
1 quart canned tomatoes	1/8 teaspoon pepper
1/2 cup chopped celery	2 cups cooked whole wheat

Drain the fish, reserve the liquid and flake the fish into small pieces. Cook the tomatoes, celery, and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well.

Whole Wheat Pilau

1/4 cup diced salt pork	1/2 cup chopped celery
1/2 cup finely chopped onions	1-1/2 teaspoons salt
3 cups tomato juice and pulp	1/4 cup minced parsley
2 cups cooked whole wheat	Pepper

Fry the salt pork until crisp, remove from the fat and cook the onion in the fat until slightly browned. Heat the tomatoes, add the wheat, onions, celery and salt, and cook about 15 minutes. Stir frequently. When the mixture has thickened stir in the crisped pork and parsley and add more salt if needed and the pepper.

Whole Wheat Muffins

1 cup sifted flour	1 egg
1/2 teaspoon salt	1/2 cup milk
2 teaspoons baking powder	1 tablespoon fat (melted or liquid)
1 cup cooked whole wheat	

Sift the dry ingredients together, add the wheat, and mix thoroughly. Beat the egg, add the milk and melted fat and stir into the dry ingredients. Fill greased muffin pans two-thirds full and bake in a moderate oven about 30 minutes. Serve hot.

Whole Wheat Pudding

2 cups hot milk	1 cup chopped seeded raisins
2 cups cooked whole wheat	1 egg
3/4 teaspoon salt	1/2 teaspoon vanilla
2 tablespoons sugar	

Mix the milk, wheat, salt, and sugar. Add the raisins, beaten egg, and the vanilla. Pour into a baking dish and bake in a moderate oven about 30 minutes or until set. Chill before serving.

Cracked Whole Wheat

In order to save time and fuel in cooking the wheat it may be cracked or crushed in a hand grinder. Some of the feed stores or mills sell cracked wheat as well as the cleaned whole wheat.

Cracked Whole Wheat Porridge

2 cups cracked whole wheat
4 to 6 cups boiling water
1 teaspoon salt

Stir the cracked whole wheat into the boiling water until thoroughly mixed. Cook slowly over the direct flame for 20 to 30 minutes, and stir occasionally.

Browned Cracked Whole Wheat Porridge

Pour the hot cracked whole wheat porridge into an oblong mold that has been rinsed with cold water. When cold cut into thin slices and brown in hot fat in a frying pan. Serve hot with brown sugar syrup.

Whole Wheat and Beef Loaf

3 tablespoons diced salt pork	1 cup milk, either fresh or reconstituted from 4 tablespoons of
4 teaspoons chopped onion	skim milk powder and 1 cup water
1 pound ground beef	2-1/2 teaspoons salt
1-1/2 cups raw cracked whole wheat	1/4 teaspoon pepper

Cook the salt pork in a frying pan until golden brown, add the onion, and cook for a short time. Mix all the ingredients together. Cook in a greased utensil, covered, in a slow oven (250° to 300° F.) for an hour. Serve hot alone or with tomato sauce.

Whole Wheat and Pork

1 pound ground cooked pork approximately 2 cups lightly packed	3 teaspoons chopped onions
3 cups cracked whole wheat	2 teaspoons salt
6 cups broth from pork	1/4 teaspoon black pepper
	1/2 teaspoon poultry seasoning

Cook the cracked whole wheat in the broth from the pork for one half hour. Combine the pork and the whole wheat, add the seasoning, and mix thoroughly. Place in a mold which has been rinsed with cold water. When the mixture has set, cut into thin slices and brown in a frying pan.

One and one-half pounds of cooked and boned pigs' feet may be substituted for the ground cooked pork.

Whole Wheat Muffins

2 cups finely ground whole wheat	1 egg
3 teaspoons baking powder	3/4 cup milk
3 tablespoons brown sugar	2 tablespoons fat (melted or
1/2 teaspoon salt	liquid)

Mix all the dry ingredients thoroughly. Beat the egg, add the milk, and melted fat and stir into the dry ingredients. Do not stir the batter any more than is necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven (400° to 425° F.). The egg may be omitted by increasing the milk to 1 cup.

Whole Wheat Cookies

1-1/2 cups sifted flour	1/3 cup fat (melted or liquid)
3/4 teaspoon salt	1/2 cup chopped raisins
1/4 teaspoon cinnamon	1-1/2 cups cracked whole wheat
1/4 teaspoon nutmeg	1 egg
3/4 cup brown sugar	6 tablespoons milk

Sift the flour, salt, and spices. Mix the sugar with the fat and the raisins with the cracked whole wheat. Put all of these ingredients together and add the beaten egg and the milk. Stir until well mixed. Drop by teaspoonfuls, about 2 inches apart, on greased pans. Bake in a moderately hot oven (375° to 400° F.) from 10 to 12 minutes or until lightly browned.

This recipe makes about 3 dozen cookies.

